

Overcoming The Top 10 Barriers to Health Behavior Change

Matthew M. Clark, Ph.D.

Department of Psychiatry and Psychology, Mayo Clinic;
Associate Medical Editor, *Mayo Clinic EmbodyHealth* newsletter

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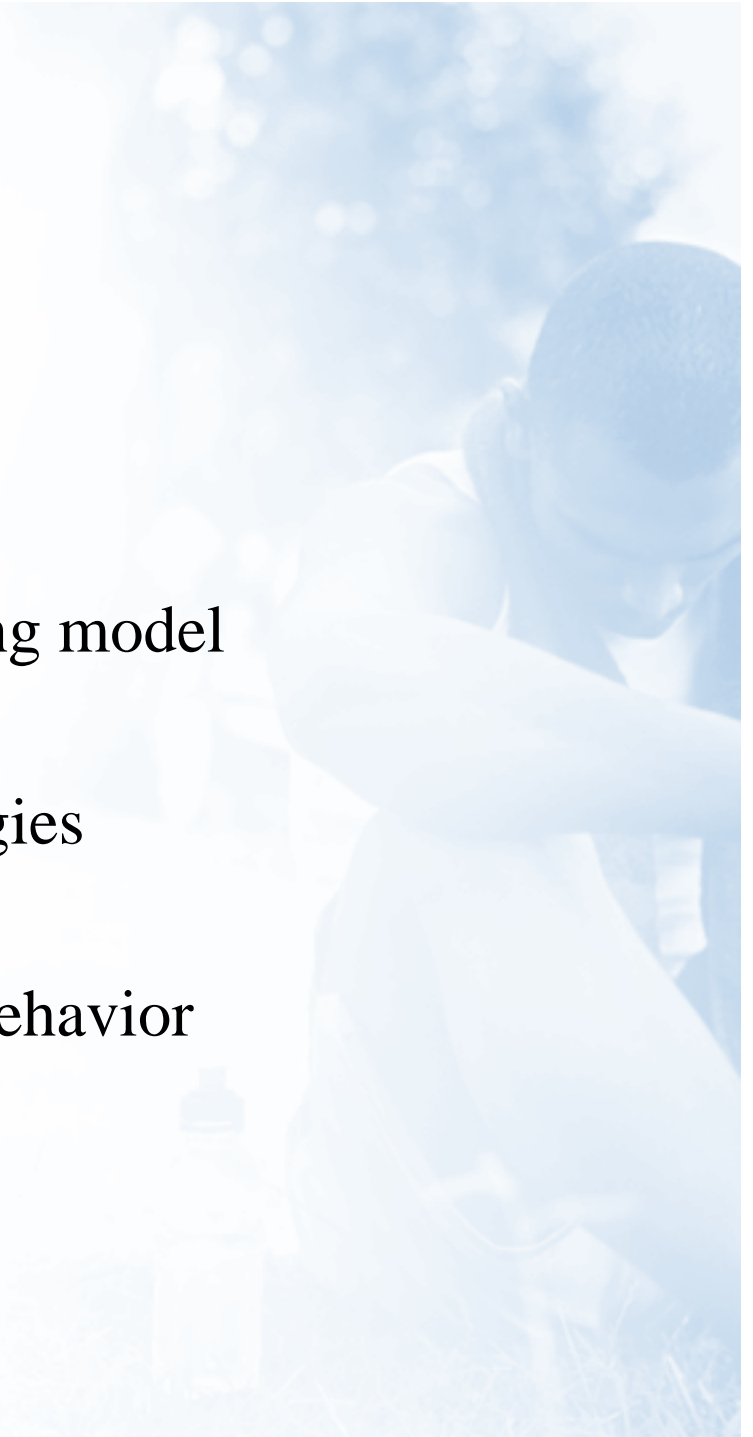
Health Behaviors

- Majority of adults in the United States are overweight or obese
- 25% to 50% use tobacco products
- Two-thirds of adults in this country have a sedentary lifestyle
- Most adults know these health risks, so education alone is not the solution



Ten Barriers to Change

- Psychological difficulties
- Stress management issues
- Limited knowledge about my health
- Lack of individual treatment-matching model
- Poor understanding of the behavior
- Outcome oriented goal setting strategies
- Low self-confidence for change
- Shifting beliefs about changing the behavior
- Lack of social support
- Relapse to unhealthy behavior



Psychologic/Psychiatric Management Issues

- Presence of a mood disorder
 - Depression
 - Dysthymic disorder (low grade depression)
- Presence of an anxiety disorder
 - Generalized anxiety disorder
 - Panic disorder
- Substance abuse
- Psychotic disorder
 - Bipolar disorder
 - Schizophrenia

63% prevalence of emotional health risk factor – Mayo Clinic HRA database of participants (2007)

Economic Burden of Depression

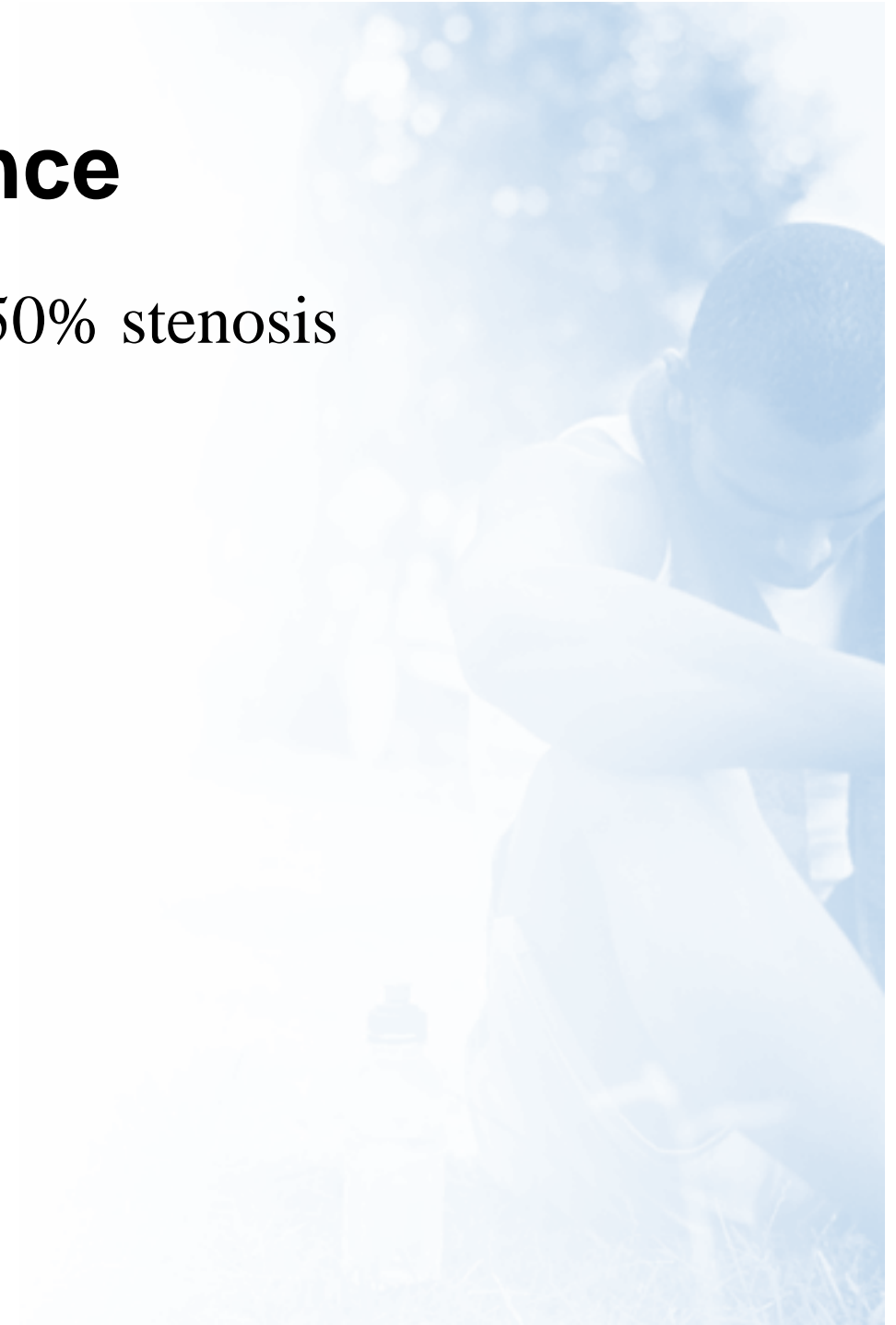
- Major depressive disorder: Lifetime: **16.2%**
Past 12 months: **6.6%**
- In 2000, cost of depression in the US: **\$83.1 billion**
- More days absent from work, less productivity
- Short-term disability: Depression **40 days**
Physical disorders **29 days**
Psychiatric conditions **32 days**

Greenberg, et al., 2003, *J Clin Psychiatry*, 64:12; Steffick et al., 2006, *Dis Manage Health Outcomes*, 14, 1

Mood and Adherence

- Over age 64, with CAD, 50% stenosis
 - Aspirin twice per day
- Depressed
 - 45% adherence
- Non-depressed
 - 69% adherence

Carney, et al, Health Psych, 1995; 14:88-90



Sexual Abuse Survivors and Psychiatric Hospitalizations After Obesity Surgery

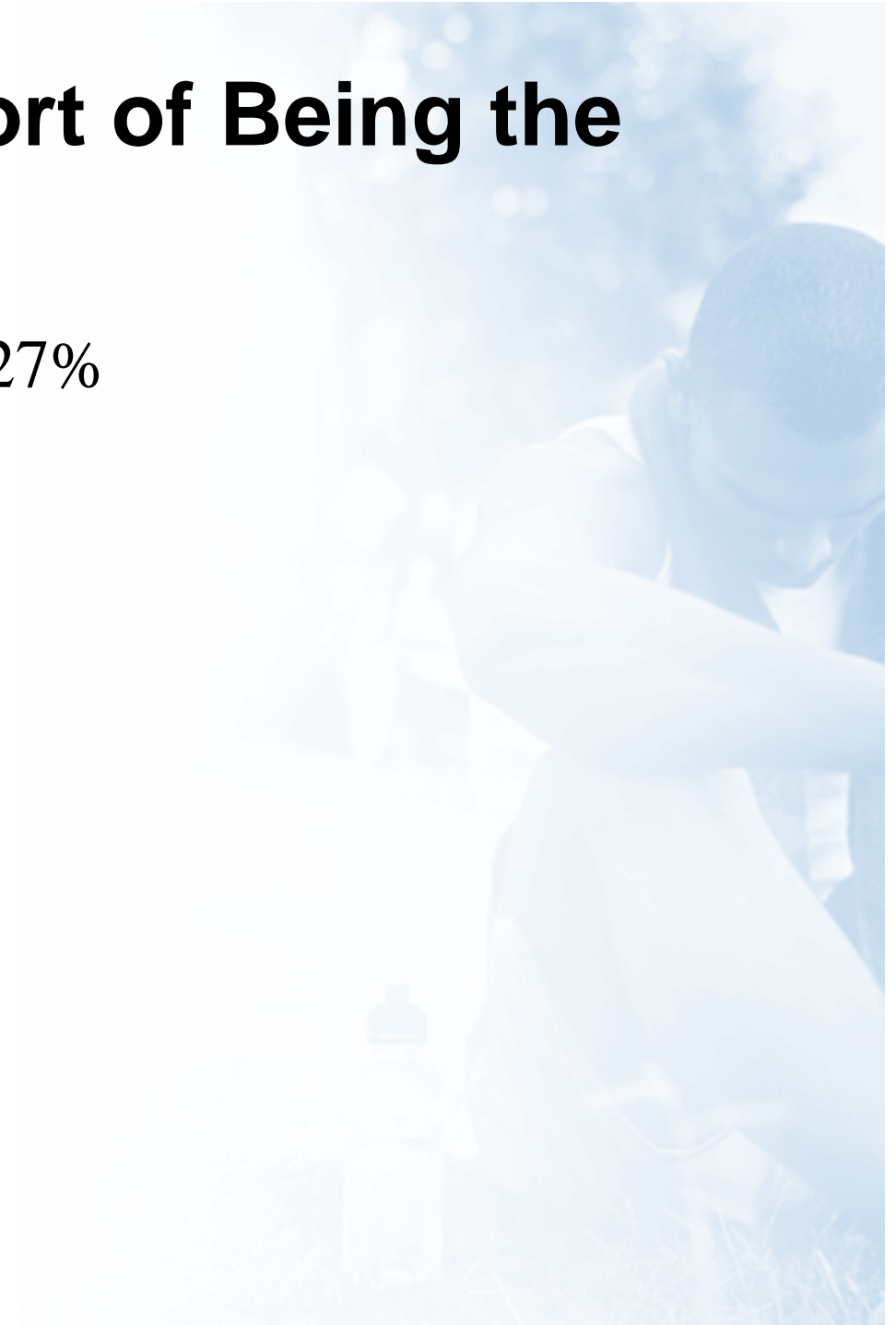
- 152 patients, two years after surgery
 - 111 females
 - 41 males
 - 51.3 years old
- Roux-en-Y gastric bypass surgery

Clark, Hanna, Mai, Graszer, Krochta, McAlpine, Reading, Abu-Lebdeh, Jensen, & Sarr (2007) *Obesity Surgery*.



Frequency of Report of Being the Victim of Abuse

- Childhood sexual abuse: 27%
- Adult sexual trauma: 9%





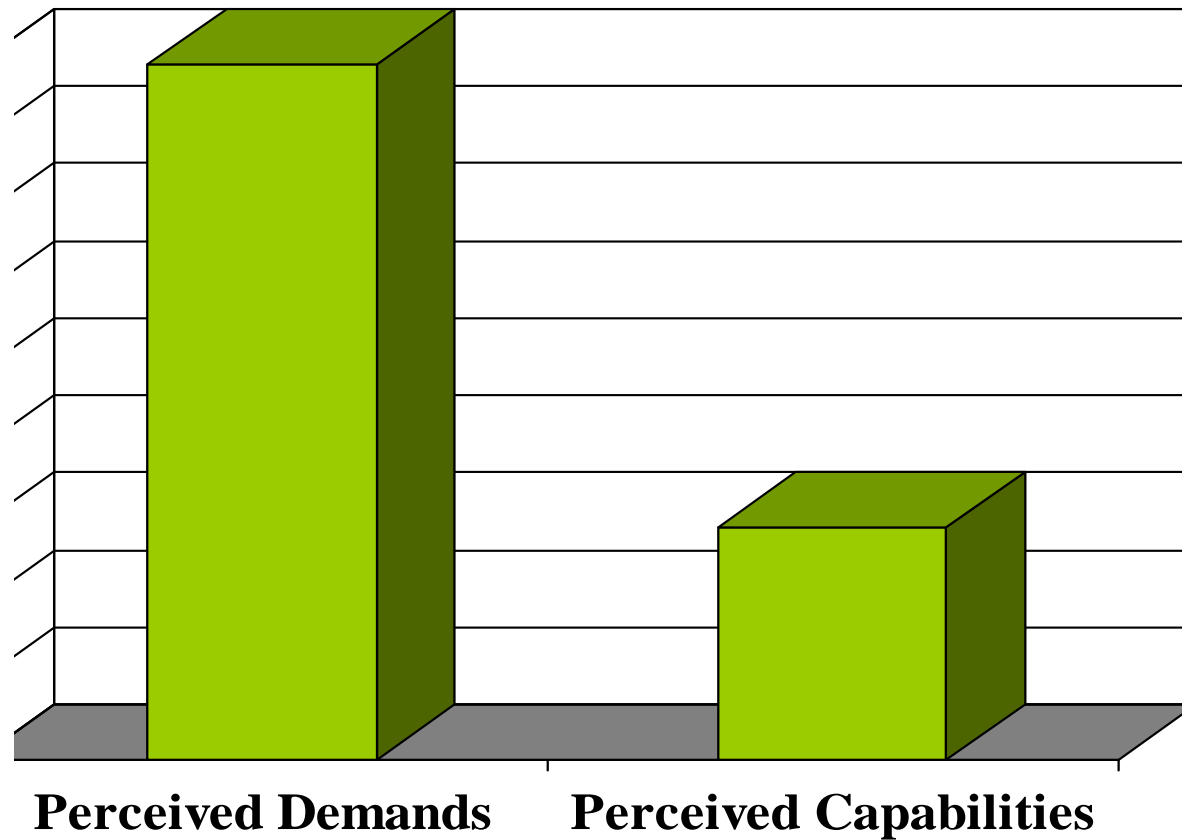
Post-Operative Psychiatric Hospitalizations

- Denied being the victim of childhood sexual abuse:
3% were hospitalized
- Reported being the victim of childhood sexual abuse:
22% were hospitalized

Conclusions: We do not believe these patients should be excluded from obesity surgery, but perhaps increasing the psychologic/psychiatric surveillance and treatment of trauma survivors may be beneficial.

Stress

When perceived demands exceed perceived capabilities





When I Am “Stressed Out”

- Emotional
 - Turn to food, smoking, etc., for comfort
- Cognitive
 - Not focused on health goals
 - Make a decision to skip exercise, meal planning, etc.
- Practical
 - Lack of planning
 - Lack of time

The Importance of Personal Health Information

Teachable moments

- Hospitalization
- Disease diagnosis
- Abnormal test results
- Clinic visits
- HRA

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top, the Mayo Clinic logo and 'EmbodHealth' branding are visible, along with links for 'Reward Program', 'XYZ Incorporated Information', and 'My Preferences'. A navigation bar includes buttons for 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Info A-Z'. A search bar is located below the navigation bar.

The main content area is titled 'Health Assessment Results Summary'. It includes a 'Health Indicators' sidebar with links to 'Results Summary', 'Bibliography', 'Risks', 'Strengths', 'Not Accessed', 'Prevention', 'Health History', and 'Conditions'. The 'Risks' section lists 'Blood Pressure', 'Blood Sugar', 'Cholesterol', and 'Exercise'. The 'Strengths' section lists 'Alcohol', 'Emotional Health', 'Nutrition', 'Tobacco', and 'Triglycerides'. The 'Not Accessed' section lists 'Safety' and 'Weight'. The 'Prevention' section lists 'Cancer Screening' and 'Immunization Plan'. The 'Health History' section lists 'Self' and 'Family'. The 'Conditions' section lists 'Allergies' and 'Headache'.

The 'Health Assessment Results Summary' text states: 'You've finished taking the health assessment. Now, discover what your results mean. You're at high risk based on the answers you gave in one or more areas. But don't get discouraged. There's a lot you can do – on your own and with the help of others – that can reduce or even eliminate your risk factors. To find out more about your risk factors, as well as preventive steps and information about your health history, take a look at the bottom and left side of this page. You'll see links to more information about those topics.'

The 'View your risks:' section lists 'Blood Pressure', 'Blood Sugar', 'Cholesterol', and 'Exercise'.

The 'Results History' table shows the following data:

Date Completed	05 11, 2007	02 05, 2008
Overall Risk Level	High	Moderate
Alcohol Use	Strength	Strength
Blood Pressure	Risk	Risk
Blood Sugar	Strength	Risk
Cholesterol	Strength	Risk
Emotional Health	Risk	Strength
Exercise	Strength	Risk
Nutrition	Risk	Strength
Safety	Strength	Strength
Tobacco Use	Strength	Strength
Triglycerides	Risk	Strength
Weight	Strength	Strength

On the right side of the page, there is a 'My Tools' sidebar with links to 'Goals', 'Calendar', and 'Exercise Tracker'. The 'Calendar' section shows a monthly view for June 2008, and the 'Exercise Tracker' section shows a date of 06/04/2008 and a minutes field.

Patient Treatment Matching Models

- Tobacco cessation
 - 45-year old male, 3-pack-per-day smoker
 - 19-year old male, college student, 15 cigarettes per week
- Physical activity
 - 45-year old, 50 pound overweight post-MI male
 - 25-year old in good health male
- Weight management
 - 45-year old, 400 pound, type 2 diabetic male
 - 27-year old, 30 pound overweight healthy male

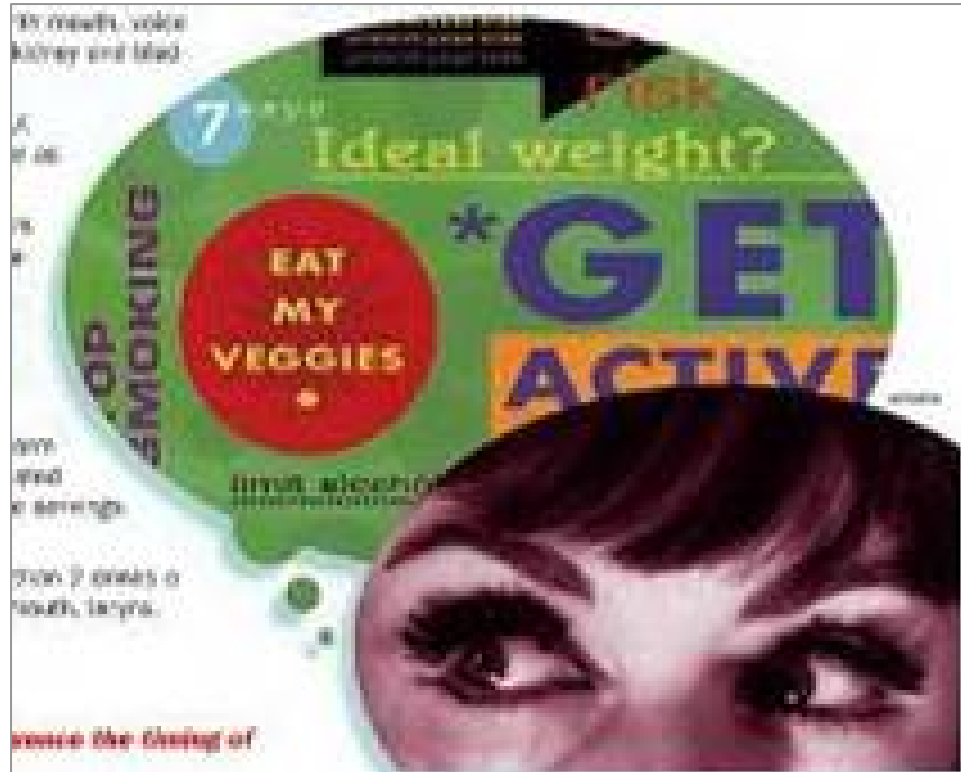
Identify Personal High Risk Situations

- **Negative mood;** sad, frustrated
- **Positive mood;** celebrating
- **Social;** when with friends
- **Thoughts;** “I must _____”
- **Physical;** cravings
- **Habit;** TV, driving, studying

Goal Setting Strategies

SMART

- Specific
- Measurable
- Attainable
- Realistic
- Trackable



Reasonable Versus Ideal Weight

**60 women, 40 yrs old,
218 lbs., BMI 36.3**

- Dream weight
- Happy weight
- Acceptable weight
- Disappointed weight

Foster GD, Wadden TA, Vogt RA, & Brewer G, *JCCP*, 1997, 65:79-85



Impact of Perceptions

Current Weight 218 lbs., 5'5" Tall

	Pounds
Dream weight	135
Happy weight	150
Acceptable weight	163
Disappointed weight	180

In past, lowest weight maintained of one year; 144 lbs.

After 24 Weeks, 41 Pounds Weight Loss

	Percent
Dream weight	0
Happy weight	7
Acceptable weight	26
Disappointed weight	37
Not even disappointed	30

Counseling Relationship: Motivational

- Quality of relationship critical to effective change
- Collaboration rather than confrontation
- Beyond simple information delivery, training in health behavior change, motivational interviewing, self-management education



Confrontational Interviewing

- **For how many years have you been overeating?**
- **Your blood sugar readings indicate that you are not following your diabetic diet.**
- **You know you should be exercising, don't you?**

Motivational Interviewing

- **What concerns you about your current eating habits?**
- **Tell me about your current tobacco usage.**
- **What are some of your barriers to being physically active?**



Building Motivation for Change

- Importance
- Confidence

William R. Miller, PhD and Stephen Rollnick, PhD *Motivational Interviewing:
Preparing People for Change*, 2nd Edition. 2002, The Guilford Press, New York



**Low importance
Low confidence**

- Change is not important
- Believe they cannot succeed

**Low importance
High confidence**

- Not persuaded to change
- Believe they could if they decided to

**High importance
Low confidence**

- Willing to change, but lack confidence

**High importance
High confidence**

- Ready to change

Self-Efficacy

How confident am I that I can:

- Follow a healthy diet
- Adopt a physically active lifestyle
- Manage my weight

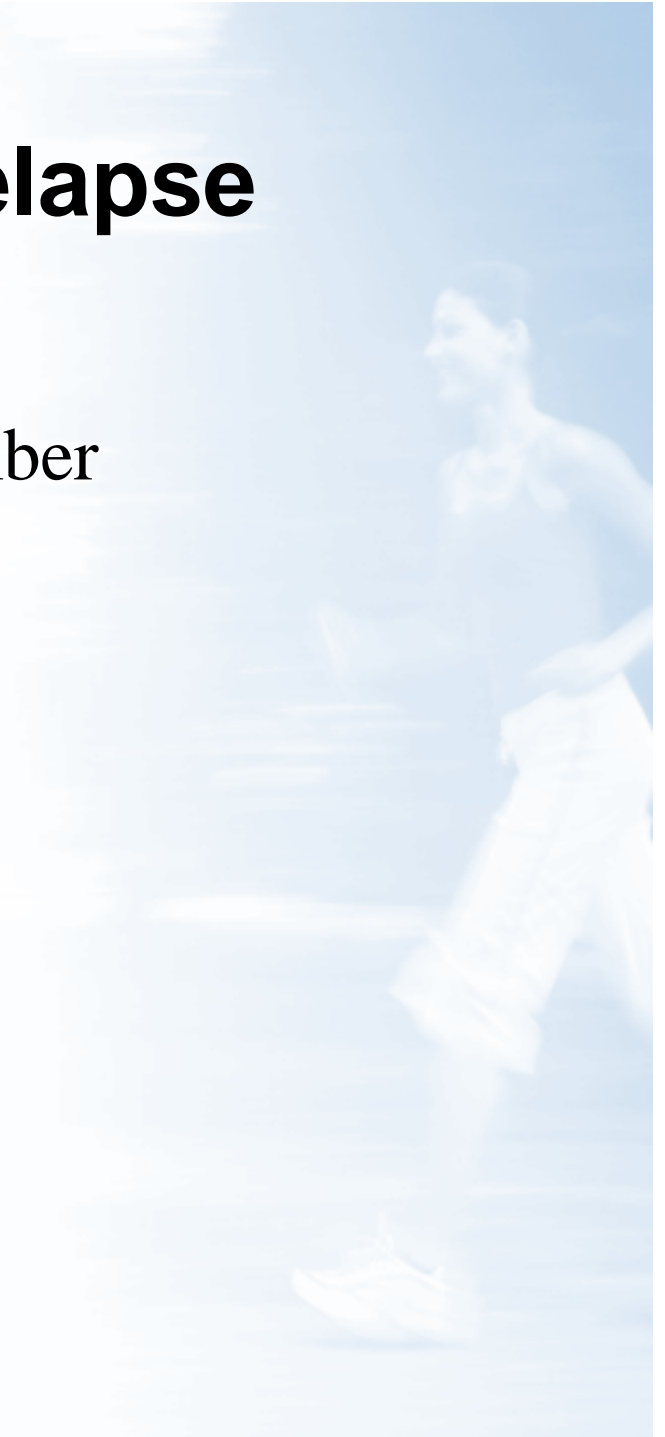


Predictors of Exercise Relapse

Mayo Study on Exercise

- 52 undergraduates, active in September
- 7 relapsed, 45 maintained
- Decisional balance
- Lower self-efficacy

Sullum, Clark, & King. Predictors of exercise relapse in a college population. *Journal of American College Health* 2000; 48:175-180.



Measuring Changes in Self-Efficacy

Indicators of ability to make/maintain behavior change

- Mayo Clinic EmbodyHealth Coaching
 - 52% increased confidence in ability to manage their weight
 - 47% increased their confidence in ability to maintain healthy eating habits
 - 63% increased confidence in ability to manage stress
- *Mayo Clinic EmbodyHealth* newsletter
 - 78% of surveyed readers are more confident in their ability to take care of their health



Nicotine Dependence Counseling for Lung Cancer Patients

- 201 lung cancer patients

Stage I	52%
Stage II	12%
Stage III	29%
Stage IV	7%
- 201 date of treatment matched controls

Cox, Patten, Ebbert, Drews, Croghan, & Clark; Tobacco use outcomes among lung cancer patients treated for nicotine dependence. *Journal of Clinical Oncology*: 2002, 20:3461-3469

6-Month Self-Report 7-Day Point Prevalence Tobacco Abstinence

- 22% of lung cancer patients
- 14% of controls



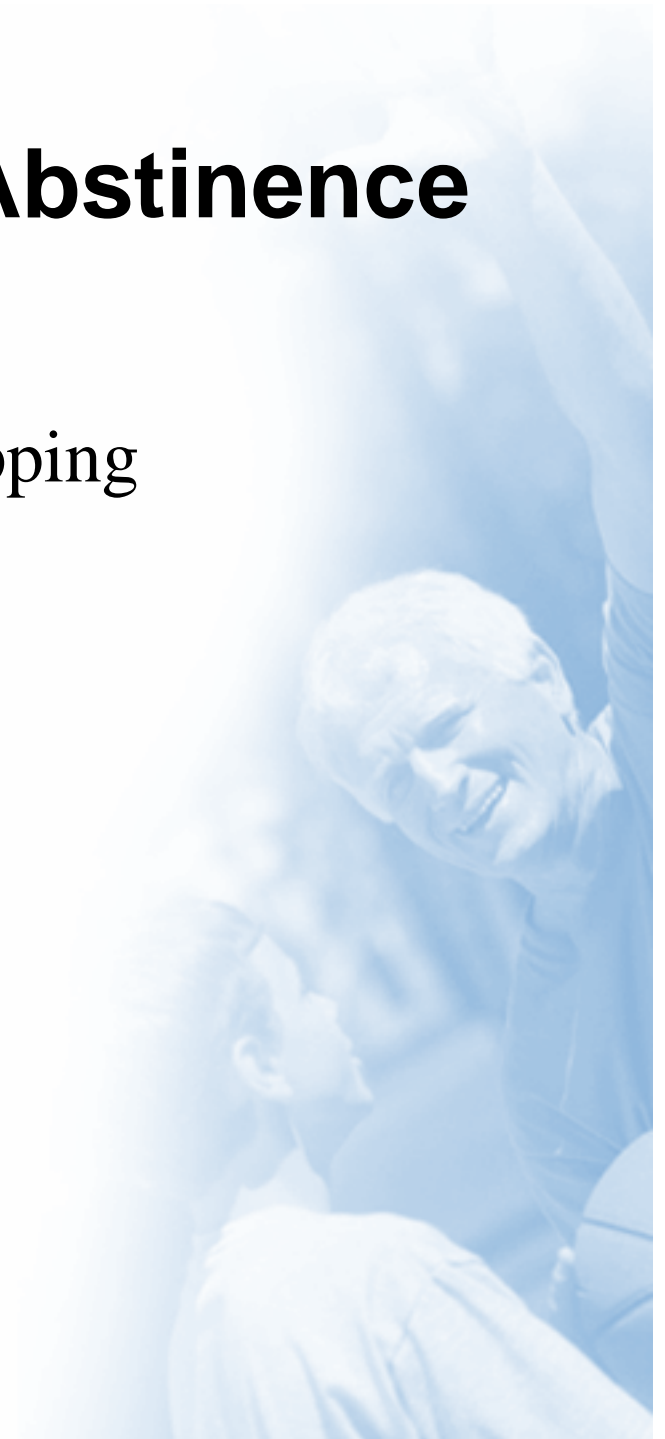
Time Since Diagnosis

- 27% abstinence if within 3 months
- 0% if between 3 and 6 months
- 7% abstinence if greater than 6 months



Motivation and 6-Month Abstinence

- 7.7% not thinking about stopping
- 22.2% beginning to think about stopping
- 28.1% I am ready to stop smoking



One Perspective on Physical Activity

- I will experience greater weight loss
- My mood will improve
- My health will improve
- How fun, going for a workout with my friends
- My sleep will improve
- Physical activity is both structured exercise and lifestyle activities



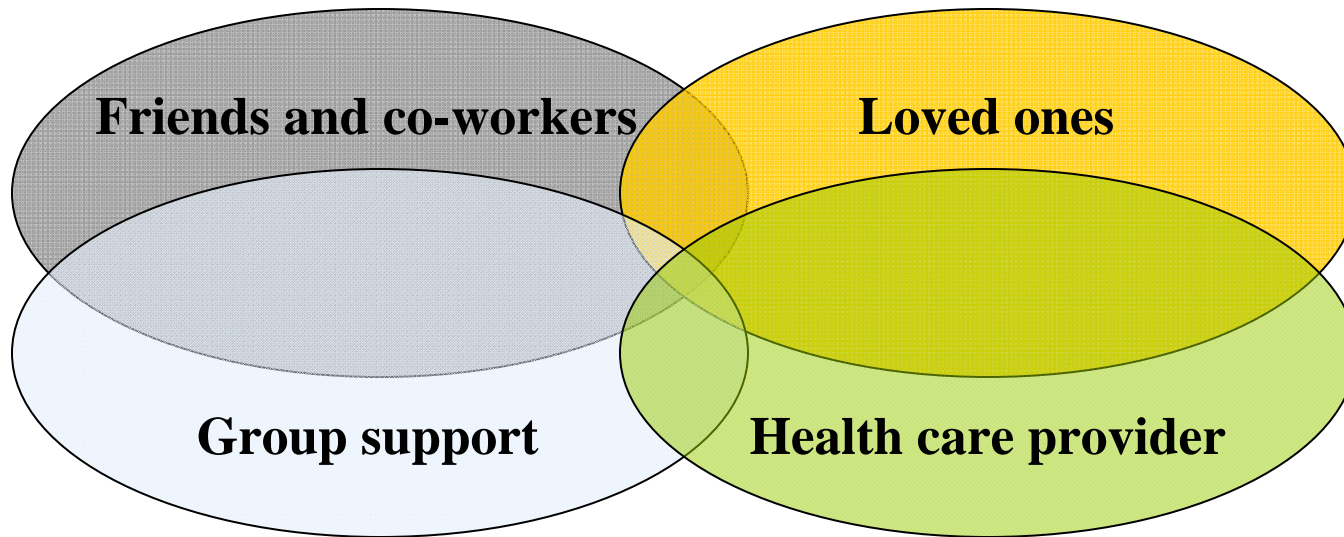
Different Perceived Effects of Exercise

- I will experience intense physical pain!
- I will totally embarrass myself.
- I will be very uncomfortable sweating, and sweating is a horrible feeling.
- I will have a huge pile of smelly laundry to do.
- I hated high school gym class, and I will hate this even more.
- Exercising means I will fall behind on my work and chores at home.

Decisional Balance for Weight Loss

Pros	Cons
<ul style="list-style-type: none">▪ Better energy▪ Improved body image▪ Better health	<ul style="list-style-type: none">▪ Diets are boring▪ Exercise takes time▪ Could not have lunch with co-workers

Impact of Social Support

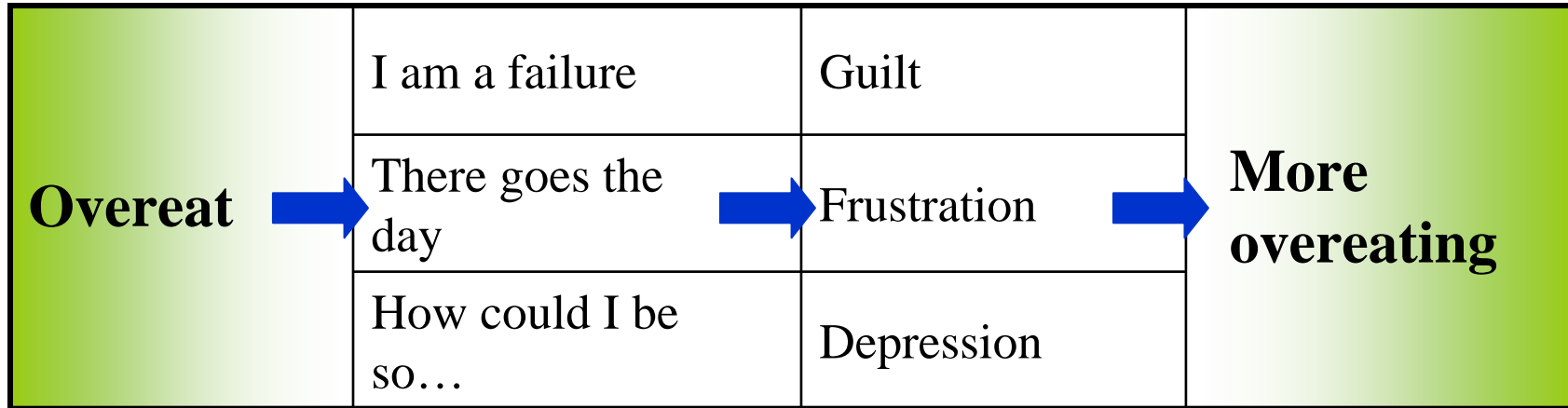


Relapse Prevention

- **Abstinence**
 - Smoking
 - Substance usage
- **Moderation**
 - Eating
 - Exercise



Overcoming Mistakes



Breaking the Cycle

- Positive self-talk
- Seek support
- Plan positive activities
- Challenge all-or-nothing thinking
- Exercise

Smart Strategies for Healthy Changes



No doubt about it: Making a behavior change is challenging – really challenging. But with some planning, you can succeed. Here are some ideas that can contribute to

Step 1: Learn more about some insight into your problem parties.” But you may be surprised “I didn’t realize that I some stress level.”

So before you start making of a diary. For at least three day day – note:

- The time the behavior
- Physical factors that e fatigue, pain
- Social aspects involved behavior occurred
- How you were feeling stressed, bored, happy

Once you’ve recorded the information, look for patterns. Say, for example, your goal is to eat more healthfully. You might discover that you choose unhealthy foods during work breaks. As a result, you

Mind your mental health

Good health means eating a balanced diet and exercising, right? True – but taking care of your **mental health** is just as important. Try these strategies to boost your overall sense of well-being and nurture your mental health.

- ✓ **Don’t overextend yourself.** Schedule time for yourself – time to unwind, to visit with your friends or for your hobbies. Learn to say no to commitments that aren’t of high importance to you.
- ✓ **Use positive self-talk.** That constant stream of thoughts you have throughout the day. Turn negative self-talk into positive. Instead of, “I’ll never be able to succeed at that task,” try, “I’ll give it my best shot” or “How can I ask for advice or help?”
- ✓ **Explore your spirituality.** Spiritual practices – such as attending religious services, meditating or playing – can have a beneficial effect on your outlook on life.
- ✓ **Set and work toward realistic goals.** Put your goals – whether personal or professional – in writing. This will give you a sense of accomplishment when you reach them.
- ✓ **Practice relaxation techniques.** Try different methods until you find the ones that work for you, such as meditation, deep-breathing exercises, writing in a journal or listening to soothing music.
- ✓ **Practice optimism.** Be sure to appreciate the positive events in your life. Expect good things to happen to you.
- ✓ **Develop and nourish a support system of family and friends.** Actively plan enjoyable events with the people you care about.
- ✓ **Become involved in community.** Faith-based or social groups to give yourself a feeling of belonging and confidence.
- ✓ **Eat well.** A balanced diet will improve the way you feel physically and mentally. Avoid excessive use of alcohol.
- ✓ **Get enough sleep.** Sleep is refreshing, improves your attitude and gives you energy to cope with stress.
- ✓ **Exercise regularly.** Exercise has been shown to improve mental health and help manage mild depression and anxiety.

WANT MORE INFORMATION?
See pg. 6 for an online resource.

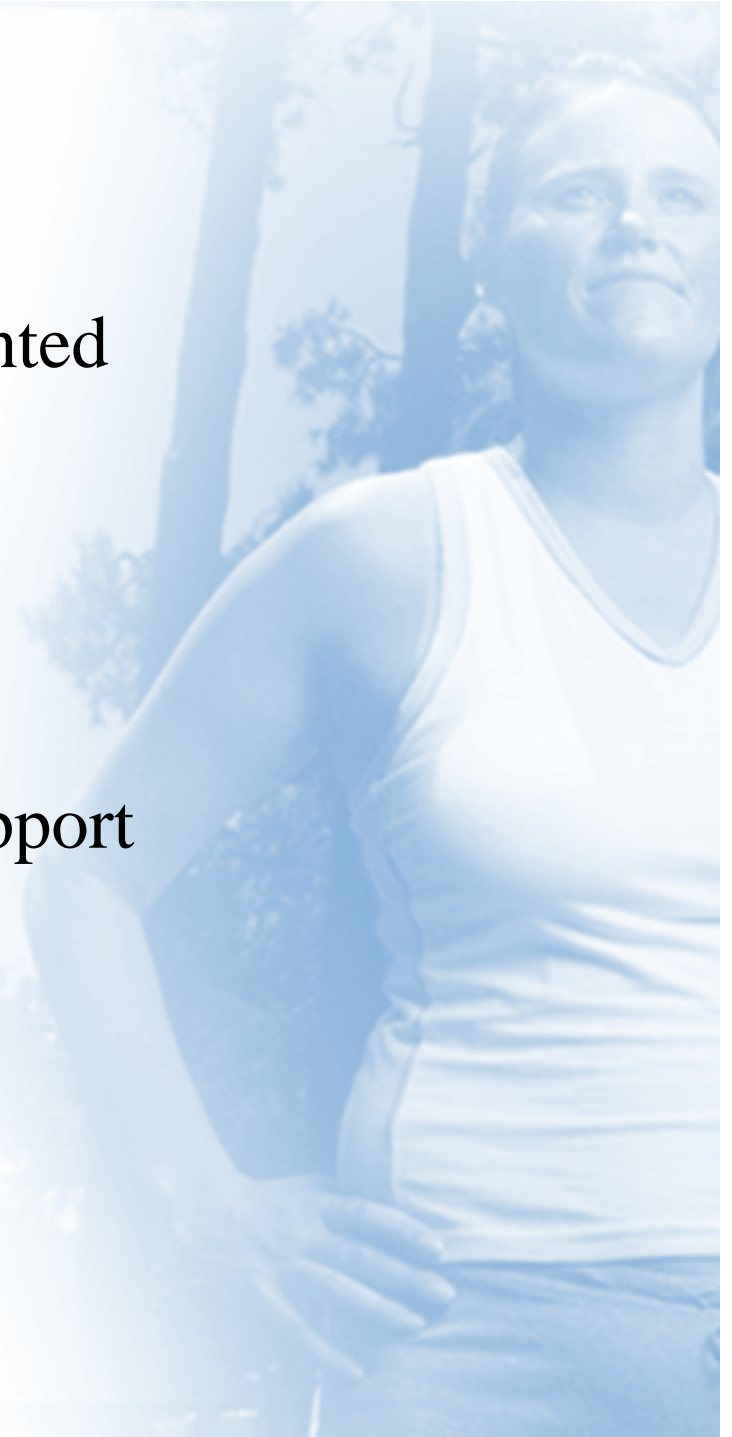


Solutions to Top 10 Barriers to Change

- Address mental health needs: Screening, EAP, or referral to appropriate services
- Provide strategies for stress management
- Assess and provide health risk information – take advantage of the teachable moment
- Provide guidelines for treatment-matching
- Complete behavioral records: Urges, environment, mood, intake, activity level, cigarettes, etc.

Strategies Continued

- Set reasonable, specific, task oriented goals
- Enhance confidence for change
- Ongoing strategies to maintain motivational level
- Create opportunities for social support
- Incorporate relapse prevention strategies



Questions?

For more information on Mayo Clinic population health management programs:

www.MayoClinicHealthSolutions.com